



FOCUS



Families Organized in the Community for Understanding and Support

A group for family members and significant others of persons living with mental illness.

What is FOCUS ?

Families Organized in the Community for Understanding and Support (FOCUS) is an open support group for family members and significant others of persons living with mental illness. The group is co-sponsored by the Alliance for the Mentally Ill and the Alexandria CSB. The group is facilitated by a CSB clinician.

Is the group only for loved ones of persons with a mental illness?

No, consumers of mental health services are also welcome to attend.

Is there a charge for participating in FOCUS?

No, there are no group dues or fees.

Why should I attend FOCUS if I do not have a mental illness?

Family members and significant others of persons living with mental illness are affected by mental illness and may experience emotional problems and stressors of their own. FOCUS provides emotional and social supports in a safe, confidential group setting. Mutual support, education about available treatment and resources, as well as advocacy for persons with mental illness are some of the primary group purposes.

When does FOCUS meet?

FOCUS meets the second Wednesday of each month from 7:30-9:30 PM .

Where does FOCUS meet?

Meetings are held at the Alexandria CSB's Clubhouse location at 4480 King Street, Sixth Floor, Alexandria, VA 22302. Parking is available on the upper deck adjacent to the Health Department entrance. Please enter through the Health Dept. and take the elevator to the sixth floor. If the elevator doors are locked, a staff person in the building will assist.

Who do I contact for more information?

Contact Carlin Brodie, LCSW at 703.838.4706 ext. 174.